



ANALYSIS OF SPORTS CONFIDENCE OF WEIGHTLIFTERS AT DIFFERENT LEVELS OF PARTICIPATION

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Abstract

The purpose of the study was to assess the level of Sports Confidence of weightlifters of different levels of participation. Hundred (60 male and 40 female) Indian Weightlifters of Senior & Junior International & National were selected as subjects for this study. The subjects were administered with standard inventory of Sports Confidence prepared by Robin S. Vilay, criterion measures were adopted for study. Data was analyzed by use of Descriptive Statistics and Two Way Analysis of Variance was used at 0.05 level of significance. The significant difference has been found in male and female among the means of different levels of participation & male & female and interaction at different levels of participation.

Keywords: Sports, Confidence, Weightlifters, Senior and Junior.

Introduction

Any good performance can be judged by determining how confident a player was at the time of the competition. Self confidence refers to one's ability to perform at his or her best by overcoming all the challenges by eliminating the stress, anxiety and over passing the setbacks and hurdles occurred at the time of competition and successfully leads towards the end goal i.e successful completion of any meet. Self confidence is directly proportionate

to the sportsman's behavior or the attitude as any sportsman who portrays a positive outlook can very easily cope up with the challenges while performing for the game especially in maximum strength events such as weightlifting. Being self confident can play an important role in the performance as they can very easily match up with the game techniques whereas sportsman who shows low self confidence will end up doing faults and also can harm themselves. Self confidence enables the weightlifters to believe in themselves to be successful in competitions, as a self confident player will be able to self evaluate his performance and can set the desired goal by determining the pros & cons and will perform with a calm and composed mind and only focus on giving the best in any kind of situation.

Methodology

The purpose of the study was to assess the Self Confidence of Weightlifters of different levels of participations. Hundred male and female Indian Weightlifters were selected as subjects for the purpose of study. The Weightlifters were categorized into four groups i.e. Senior International (15 male and 10 female), Junior International (15 male and 10 female), Senior National (15 male and 10 female) and Junior National (15 male and 10 female) for data collection. The International



Weightlifters comprised of those who had represented India at least once in Senior and Junior International weight lifting competitions held in India or abroad and National Weightlifters were those who had represented in Senior National and Junior National weightlifting competitions held in India only were selected as subjects.

To find out the level of Sports Confidence of weightlifters during competed in sports of Senior and Junior International and National weightlifting competitions, the scores from Inventory of Sports Confidence (SCI) prepared by Robin S. Vealy were adopted as criterion measures for the study. The SCI consists of thirteen items and there are no right or wrong answer in the inventory. Every question has nine possible responses, i.e. 1 to 3 which is low, 4 to 6 which is medium and 7 to 9 which is high. The subjects were instructed to respond to each question by placing a "O" on the appropriate response according to how they generally felt in competitive sports situations. Necessary instructions were given to the subjects before the administration of test. There was no time limit for the completion of the questionnaire and respond all the statements in the questionnaire independently. Responses obtained from the subjects on Sports Confidence Inventory (SCI) of Sports Confidence were recorded for the analysis of data. The level of self-confidence depends upon the score obtained.

The total score of self confidence is from ranging from 13 to 117. The subjects assigned to high self confidence, moderate self confidence and low self confidence category according to the scores obtained, between 83 to 117, 48 to 82 and 13 to 47 respectively. The responses given by the weight lifters in the questionnaire were separated as tabulated

alternatives and thus the table was prepared for the analysis of data. In order to find out significance difference of self confidence in male and female descriptive statistics and two way analysis of variance was used at .05 level of significance.

Analysis of Data and Results

TABLE 1
COMPARISON OF SPORTS CONFIDENCE OF MALE AND FEMALE AT DIFFERENT LEVELS OF PARTICIPATION AMONG INTERNATIONAL AND NATIONAL LEVEL SENIOR AND JUNIOR WEIGHTLIFTERS

Source of Variance	df	SS	MSS	F Value
Level of Participation	3	10186.38	3395.46	53.34*
Sex (Male Vs Female)	1	522.66	522.66	8.21*
Interaction	3	541.98	180.66	2.83*
Error	92	5856.46	63.65	

*F-value significant at (3, 92) = 2.70 & (1, 92) = 3.94

Table 1 reveals that significant difference has been found between the means of different level of participation in relation to Sport Confidence as the calculated F value (53.34) was found greater than the required value (2.70) at 3, 92 degree of freedom at 0.05 level of significance. On the other hand significant difference was seen between male & female in relation to Self Confidence as calculated F-value (8.21) which was greater than the required value (3.92) at 1, 92 degree of freedom at 0.05 level of significance. Significant difference was also found in interaction between Levels of achievement in relation to Self Confidence as calculated F-value (2.82) was greater than the required value (2.70) at 3, 92 degree of freedom at 0.05 level of significance. As the F-ratio was found significant for various level of participation, sex & interaction in relation to Sports Confidence, Post-Hoc comparisons i.e., Least Significance Difference (L.S.D.) & Scheffe's test was



applied to find out the significance difference among different level of participation of male & female weightlifters which are presented in Table 2 to 6.

TABLE 2
POST HOC TESTS OF SPORTS CONFIDENCE OF MALE AND FEMALE WEIGHTLIFTERS AT DIFFERENT LEVEL OF ACHIEVEMENT

Group Mean				MD	CD
Senior Int. (N=25)	Junior Int. (N=25)	Senior National (N=25)	Junior National (N=25)		
101.60	101.44			0.16	4.46
101.60		80.80		20.08*	
101.60			81.96	19.64*	
	101.44	80.80		20.64*	
	101.44		81.96	19.48*	
		80.80	81.96	-1.16	

*Significant at 0.05 level

Table 2 shows the analysis of results for all the categories combining both Male & Female Weightlifters. It can be concluded that significant difference has been found between Senior International & National (20.08), Senior International & Junior National (19.64), Junior International & Senior National (20.64) & Junior International & National (19.48) level weightlifters as the obtained mean difference was greater than the critical difference (4.46) at 0.05 level of significance. Whereas no significant difference was seen in Senior International & Junior National (0.16) & Senior & Junior National (1.16) level weightlifters as the obtained mean difference was less than the critical difference (4.46) at 0.05 level of significance.

TABLE 3
POST HOC COMPARISON OF SPORTS CONFIDENCE INVENTORY BETWEEN MALE AND FEMALE WEIGHTLIFTERS AT DIFFERENT LEVELS OF PARTICIPATION

Group Mean		MD	CD
Male (N=60)	Female (N=40)		
93.31	88.65	4.66*	3.23

*Significant at 0.05 level

Table 3 reveals that mean differences between Male & Female (4.66) Weightlifters for Self Confidence was greater than the critical value (3.23). Therefore significant difference was found at 0.05 level of significance.

Table 4
Post Hoc Tests of Sports Confidence of Male Weightlifters at Different Levels of Participation

Group Mean				MD	CD
Senior Int. (N=15)	Junior Int. (N=15)	Senior National (N=15)	Junior National (N=15)		
100.40	104.73			-4.33	5.76
100.40		84.40		16.00*	
100.40			83.73	16.67*	
	104.73	84.40		20.33*	
	104.73		83.73	21.00*	
		84.40	83.73	0.67	

*Significant at 0.05 level

Table 4 displays the analysis of result for all the categories of Male Weightlifters. It can be concluded that significant difference has been found between Senior international & National (16.00), Senior International & Junior National (16.67), Junior International & Senior National (20.33) & Junior International & National (21.00) level of weightlifters as the obtained mean difference was greater than the critical difference (5.76) at 0.05 level of significance. Whereas no significant difference was seen in Senior & Junior International (4.33) & Senior & Junior National (0.67) level of weightlifters as the obtained mean difference was less than



the critical difference (5.76) at 0.05 level of significance.

TABLE 5
POST HOC TESTS OF SPORTS CONFIDENCE OF FEMALE WEIGHTLIFTERS AT DIFFERENT LEVELS OF ACHIEVEMENT

Group Mean Female				MD	CD
Senior Int. (N=10)	Junior Int. (N=10)	Senior National (N=10)	Junior National (N=10)		
103.40	96.50			6.90	7.06
103.40		75.40		28.00*	
103.40			79.30	24.10*	
	96.50		79.30	17.20*	
	96.50	75.40		21.10*	
		75.40	79.30	-3.90	

*Significant at 0.05 level

Table 5 displays the result for all the categories of Female Weightlifter. It can be concluded that significant difference has been found between Senior international & National (28.00), Senior International & Junior National (24.10), Junior International & Senior National (17.20) & Junior International & National (21.10) level of weightlifters as the obtained mean difference was greater than the critical difference (7.06) at 0.05 level of significance. Whereas no significant difference was seen in Senior & Junior International (6.90) & Senior & Junior National (3.90) level of weightlifters as the obtained mean difference was less than the critical difference (7.06) at 0.05 level of significance.

TABLE 6
INTERACTION OF SPORTS CONFIDENCE INVENTORY BETWEEN MALE AND FEMALE WEIGHTLIFTERS AT DIFFERENT LEVEL OF ACHIEVEMENT

Mean	Male (N=15)	Female (N=10)	M.D.	C.D.
Senior Int.	100.40	103.40	-3.00	9.26
Junior Int.	104.73	96.50	8.23	
Senior National	84.40	75.40	9.00	
Junior National	83.73	79.30	4.43	

*Significant at 0.05 level

Table 6 depicts the interaction result for all the categories of Male & Female Weightlifters. It was observed that no significant difference was found between male & female weightlifters as the obtained mean difference was greater than the critical difference at 0.05 level of significance.

Conclusion and Discussion of Finding

Senior & Junior International male & female, & Senior & Junior National Male Weightlifters has found high self confidence to meet the challenges of the competition, to perform under pressure & to be successful in the odd condition. In case of Senior & Junior National female weightlifters in sports confidence were characterized by the medium self confidence to meet the challenges of the competition.

The significant difference has been found in levels of participation, sex (males v/s females) and interaction between male and female among various level of participation.

On the basis of level of participation of male and female, Senior and Junior International male and female Weightlifters had equal and higher self confidence level than Senior and Junior National male and female Weightlifters who have also equal but moderate level of self confidence whereas no significant difference has been found in self confidence between them. But significance difference has found between International and National level male and female Weightlifters.

When the weightlifting group of males and females were examined on the basis of sex (males v/s females) it was found that males weightlifters have significantly higher level of self confidence in comparison to females weightlifters.

In comparison amongst males weightlifters only at different level of participation, the



Senior and Junior International male Weightlifters had equal and high level of self confidence as compared to Senior and Junior National male Weightlifters who also have equal level of self confidence and no significance difference was found between them but significant difference was found between International and National levels of Weightlifters.

In comparison amongst females only, at different levels of participation, the Senior and Junior International female Weightlifters had equal and high level of self confidence as compared to senior and Junior National female Weightlifters who also have equal but moderate level of self confidence and no significance difference was found between them. But significant difference was found between International and National level of Weightlifters.

An analysis was done between males and females weightlifters at different levels of participation, no significant level of self confidence has found between any level of male and female Weightlifters.

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